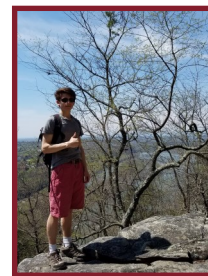


Galipatian Station

WHILE YOU PEE IN LEE

Friday, September 14th – Friday, September 21st 2018

COMPILER



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ESM
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Hokie Football Traditions



Courtney Jones
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It's officially football season! For many Hokies, this is their favorite time of the year. There's nothing quite like a football game in Lane Stadium, but there are a many Hokie

traditions that you will need to know:

Skipper

Skipper is a cannon that cadets fire from outside Lane Stadium when the team enters the stadium and after every touchdown. Skipper was originally created in 1963 by a group of cadets. It was used in the rivalry game against VMI on Thanksgiving and it has been used at every home game since.

Homecoming Game Ball Run

In the week leading up to the Homecoming football game, the Army ROTC members run the game ball around campus for 100 miles. At the end of the week, the runners run the ball in the parade into the stadium and Tech fans touch the ball for good luck.

Hokey Pokey

The Marching Virginians and cheerleaders lead the stadium in performing the "Hokie Pokey" between the third and fourth quarters. This is a fun way to get the crowd moving and excited for the fourth quarter.

Key Play

Every third down when the Hokies are on defense is considered a "key play". So on third downs, the fans stand up and shake their keys.

Enter Sandman

Arguably a fan favorite, Enter Sandman by Metallica is always played as the team enters the stadium before kickoff. The entire stadium jumps to the beat of the song. The Hokies have even registered on the Richter scale multiple times from so much jumping! Many schools can brag about how loud they are, but how many can prove that their fans have caused earthquakes?

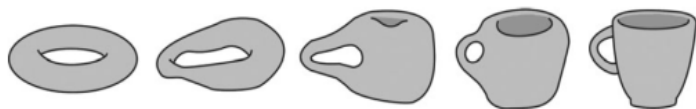
Football games in Lane Stadium are an unforgettable experience that every Hokie should experience at least once. If you missed the season ticket deadline, try the lottery system to get free tickets. For more information about the lottery system, visit

<http://tickets.hokiesports.com/student/lottery/>

Go Hokies!



Brainteaser Answer:



The coffee cup and the donut relation is the quintessential introduction to the weird world of topology. These two objects are considered topologically equivalent since one can be deformed into the other without "tearing" the object.

Group Exercise Classes



Sarah Maxseiner **Computer Engineering** **Sophomore**

Getting a group exercise pass is a time efficient way to keep active. It eliminates the hassle of creating your workout routine. Also, the instructors always vary their workout routines, so even if you go to the same class, you will have a different workout every class. Even if you don't buy a group pass (\$85 full year; \$50 one semester), classes are free for the first week of classes and during finals. Here are a couple of my favorite classes:

1. **20/20/20** – This class is a great class for someone looking for a bit of everything. 20/20/20 is composed of 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core/stretching. If you get bored quickly or find your mind wandering while you are working out, this class is fast paced and engaging.

2. **Cycle** – If you like cardio, Cycle class is for you. Cycle combines climbs, power circuits, and sprints all in one 45-minute workout. These workouts are in spin city, which is dimly lit with black lights and it creates a great atmosphere to workout in. Each instructor has their own style, so I would suggest talking a lot of different instructors' classes to find which style you like best (I personally enjoy Becky E. and Ali C.'s classes).

3. **BodyPump** – BodyPump is a strength-based workout that regularly lasts for an hour. While this class will not be equivalent to spending an hour in the weight room, you'll feel the burn from free weights and high reps.

4. **Yoga Basics** – Once you have sufficiently worn out your muscles, you might want to take a day off. Yoga Basics is a good class to flush the lactic acid out of your muscles. It is also a great class for improving your flexibility. If you are looking for more advanced yoga classes, Power Yoga and Vinyasa Yoga should meet your needs.

For scheduling and more information about the group fitness classes offered, visit:

<https://www.recsports.vt.edu/getactive/groupexercise.html>

Using Hokie Spa



Keefer Ellis **Sophomore**

Everyone needs to use Hokie Spa at Virginia Tech. It is packed with essential functions. For quick access, just type <http://hokiespa.vt.edu> into your browser of choice.

Hokie Plus Page

Once logged in, you be taken to the Hokie Plus page. The most important resource here is the Manage Accounts hyperlink. This takes you to your account manager page which provides your Hokie Passport balance and Virginia Tech accounts information.

Hokie Spa Page

To get to the Hokie Spa Page, click the Hokie Spa tab near the search bar. Hokie Wallet allows you to view your e-bill, and pay your tuition & fees. You can also enroll in

direct deposit which allows any extra tuition payments to go directly into your bank account.

The Transcripts and Certifications Menu allows you to order official transcripts and access unofficial transcripts. Unofficial transcripts include transfer credits, ongoing classes, and completed classes. You can use this to make sure you are on track for those Pathways requirements!

The Course Requests tab allows you to request classes for the upcoming semester. Course Registration allows you to finalize your class schedule. Course Requests opens 10/16 and Course Registration opens on 11/24.

You can also access your Change of Major Application on Hokie Spa, which will be especially important to declare your major of choice at the end of Spring semester.

This just scratches the surface of the labyrinth that is the Hokie Spa system. It may seem daunting at first, but familiarize yourself with the website and you will be a Hokie Spa master!